



## Did you know?

### Fascinating Facts and Interesting Information about Cultural Diversity

#### You Asked-We Listened

Based on feedback from our Diversity Needs Assessment Survey of our associates, we are introducing a new series on World Religions and Cultures. The survey was designed to identify diversity efforts at Marianjoy, as well as opportunities to enhance our efforts. Our associates expressed the desire to learn more about different cultural & religious groups (Muslims, Asian Americans, and Hispanic/Latinos). This is the first in the series which provides information on Islam religion and Muslim culture, traditions, and beliefs.

#### What is Islam and who are Muslims?

**Islam** is the second largest religion in the world. **Muslims**, followers of Islam religion consider the Quran to be the word of God as revealed to Prophet Muhammad. Muhammad lived during the 7th century “Islam” means submission and obedience to the will of God, and aims at achieving peace with self and the surroundings. The Five Pillars of Islam are Declaration of Faith, five daily Prayers, Fasting (for the entire month of Ramadan from dawn to dusk), Charity and Pilgrimage to Makkah (Mecca). Fasting includes abstaining from all substances, including pharmaceuticals and I.V. drips. However, illness is an exception. Islamic law has a strict dietary code. Halal foods are allowed under Islamic dietary guidelines; all kosher food is acceptable as halal. Pork, pork by products, and alcohol are strictly forbidden.

The following resources are designed to help health care professionals better understand, and more effectively respond to the growing needs of Muslims in the United States.

- [Muslims: Marianjoy Medical Library Website](#)  
Provides a comprehensive list of resources for clinicians and healthcare providers
- [Muslims: Metropolitan Chicago Healthcare Council \(MCHC\)](#)  
Guidelines for healthcare providers interacting with Muslim patients and their families
- [Muslim Patients and Health Care: Twelve Practical Points for non-Muslim Providers](#)  
University of Pennsylvania Health System
- [Muslims: The Provider's Guide to Quality and Culture](#)

**Start exploring:** While recognizing that there are many similarities among people from the same culture, it is important for health care providers to remember that each individual has a unique personal history, belief system, communication style, and health status. You can now find the above information and much more on the Cultural Diversity Section of our Library Web site.

<http://www.marianjoylibrary.org/Diversity/culture.aspx>

